

## RED LENTIL DAAL

### Ingredients:

1 c. red lentils

3 c. water

1 tsp. salt

6 T. ghee

1 onion, finely chopped

5 cloves of garlic, minced

1 tsp. garam masala

½ tsp. turmeric

chopped cilantro, to serve



### Directions:

- 1) Rinse and sort the lentils. Put in water with salt and bring to a boil.
- 2) Turn down the heat and simmer uncovered, skimming off froth.
- 3) Partially cover saucepan and continue simmering for another 40 minutes, stirring occasionally.
- 4) Sauté the onion and garlic in the ghee until translucent. Add garam masala and turmeric.
- 5) Stir the onion mixture into the lentils. Serve hot, sprinkling with cilantro to serve.

**Allegro wine pairing:** Sauvignon Blanc